

THE HEALTH RESOURCES CENTER
April 2015 CALENDAR
(Johnson City & Kingsport Locations)

Pre-registration is required due to limited seating.

To register, call 1-800-888-5551.

Services provided by the HRC include:

- ❖ Free blood pressure or weight checks (8am-6pm daily)
- ❖ Registered Nurse available daily to provide health information
- ❖ Individual nutritional counseling available with a registered dietitian certified in diabetic education and weight management (Free)
- ❖ Cholesterol Screenings now available daily by appointment. (Completed by fingerstick with results in minutes. Fast 10-12 hours before test. Registration required. \$25 fee)
- ❖ Individual insulin administration training available by appointment with a Registered Nurse, Certified in Diabetes Education.
- ❖ A1C testing used to monitor average blood sugar levels available daily by appointment. (\$25 fee. Done by finger stick with results in minutes. Fasting not required. Registration required.)

Please call appropriate phone number to register for above services:

423-915-5200 (Johnson City) or 423-857-7981 (Kingsport)

Diabetes

Meal Planning for Diabetes

Johnson City

Tuesday, April 07, 2015 (5-6 pm), Jessica Leu, RD, CDE, Novo Nordisk

Do you have diabetes and are confused about what and how to eat? Join us to learn the basics of meal planning to help you clear the confusion and put you on the path to better blood sugar control.

DIABETES JEOPARDY

Kingsport

Monday, April 13, 2015 (Noon-1pm), Game Show Host: Angie Dishner, RN

Pick lower blood sugar for 100. Answer: This condition controlled with healthy eating, activity, monitoring and medication. Question: What is diabetes? Have fun learning tips to manage diabetes and win prizes by asking the right questions for the answers provided.

EATING BETTER WITH TYPE 2 DIABETES

Kingsport

Tuesday, April 14, 2015 (10-11am), Heidi Mohn, RN, CDE - Lilly Diabetes Educator

Join us for hands-on activities and real-world examples designed to help you make healthier food choices by counting carbs, reading food labels and eating healthy when dining out. **Call 866-374-3682 to register!**

Tame The Glucose Beast Within

Johnson City

Tuesday, April 14, 2015 (12-1 pm), Andrew Clark, PhD, RD, ETSU

With the growing numbers of people being diagnosed with obesity, metabolic syndrome, and type 2 diabetes, individuals are looking for ways to improve their health and decrease their risk of

complications. Don't be a statistic! Join us to learn how to change your "insulin thermostat" to help you meet your health related goals.

Eating Better with Type 2 Diabetes

Johnson City

Wednesday, April 15, 2015 (6-7pm), Heidi Mohn, RN, CDE - Lilly Diabetes Educator

Join us for hands-on activities and real-world examples designed to help you make healthier food choices by counting carbs, reading food labels and eating healthy when dining out.

Call 866-374-3682 to register!

DIABETES 101: HEALTHY EATING

Kingsport

Monday, April 20, 2015 (11am-12:30pm), Lisa Gilreath, RD, LDN, CDE

Not sure how to eat when you have diabetes? Learn the basics about food choices and portion control plus common myths about diabetes meal planning.

DM 101: Taking Medications and Healthy Coping

Johnson City Annex

Wednesday, April 22, 2015 (12-1:30pm), Jennifer Persinger, RD, CDE, MSHA

Don't let diabetes get you down! Explore medication options to help you manage your blood sugar to stay healthy and lead a normal life.

DIABETES 101: MONITORING & BEING ACTIVE

Kingsport

Thursday, April 23, 2015 (10:30am-Noon), Angie Dishner, RN

Do you need help taking charge of your diabetes? Find out how monitoring and being active can give you better blood sugar control.

BETTER BLOOD SUGAR IN 30 DAYS

Kingsport

Tuesday, April 28, 2015 (4-5pm), Angie Dishner, RN

Join us as we walk through a month of tips that can improve your blood sugar. Small steps can lead to BIG rewards.

DM 101: Problem Solving and Reducing Risks

Johnson City Annex

Wednesday, April 29, 2015 (12-1:30pm), Jennifer Persinger, RD, CDE, MSHA

Learn how to interpret your blood sugar results to improve the highs and lows of diabetes and reduce your risks for developing complications.

Pre-diabetes

What is Pre-Diabetes?

Johnson City Annex

Wednesday, April 22, 2015 (5-5:45pm), Jennifer Persinger, RD, CDE, MSHA

Have you been told you have "pre-diabetes" or borderline" diabetes? Gain the tools you need to change the course you are on and learn how to decrease your risk of developing diabetes.

Eating to Prevent Diabetes

Johnson City Annex

Wednesday, April 22, 2015 (5:45-6:30pm), Jennifer Persinger, RD, CDE, MSHA

Have you been told you have “pre-diabetes” or borderline” diabetes? Gain the tools you need to change the course you are on and learn how to decrease your risk of developing diabetes.

Moving to Prevent Diabetes

Johnson City Annex

Wednesday, April 29, 2015 (5-5:45pm), Jennifer Persinger, RD, CDE, MSHA

Have you been told you have “pre-diabetes” or borderline” diabetes? Gain the tools you need to change the course you are on and learn how to decrease your risk of developing diabetes.

Healthy Living

STRESS MANAGEMENT TIPS

Kingsport

Friday, April 03, 2015 (4-5pm), Tanya Fuccio, RN

Trying to unwind? Learn practical tips to manage your stress and techniques to help you relax.

Stress Less

Johnson City

Monday, April 06, 2015 (12-1pm), Pam King, RN

Learn tension relieving tips and suggestions for recognizing and reducing stress and it's effect on our health. Relaxation techniques that can be used every day!

10 Day Detox

Johnson City Annex

Monday, April 06, 2015 (5:30-6:30 pm), Connie Pennington, MD

Dr. Pennington will introduce Mark Hyman's 10 Day Detox Plan on April 6th where she will review in detail what's involved in a healthy detox to balance and strengthen your metabolism. Then, if you choose to do the detox, there will be a mid-detox support meeting on April 13th, and a 'celebrate' your results gathering on April 20th! Grab an accountability partner and detox with us!

Make a DASH For Better Blood Pressure

Johnson City Annex

Wednesday, April 08, 2015 (12-1 pm), Jennifer Persinger, RD, CDE, MSHA

A healthy lifestyle plays an important role in lowering high blood pressure. Learn about the DASH (Dietary Approaches to Stop Hypertension) eating plan, and how exercise can help lower blood pressure.

GUILT-FREE DINING OUT

Kingsport

Monday, April 20, 2015 (1-2pm), Lisa Gilreath, RD, LDN, CDE

Eating healthy doesn't have to mean never eating out. Learn how to evaluate menus and use nutrition guides to make healthier, lower calorie choices.

LOWER YOUR CHOLESTEROL

Kingsport

Monday, April 20, 2015 (2:30-3:30pm), Lisa Gilreath, RD, LDN, CDE

Learn practical nutrition and lifestyle tips to help you improve your cholesterol and triglyceride numbers.

Eating for Energy

Johnson City

Tuesday, April 21, 2015 (5-6pm), Alice Sulkowski, RD, JCMC

Whether you're walking two miles a day, training for a 5K or just keeping up with an active family, join us to learn eating tips to energize and keep you rarin' to go! Don't miss out!

Please Note: Programs may have to be canceled or rescheduled due to inclement weather, so please make sure to pre-register. If in doubt, please use caution and call 423-915-5200 (Johnson City) or 423-857-7981 (Kingsport) to confirm.

To receive the monthly Health Assessment calendar, please e-mail us your email address at citydiet@johnsoncitytn.org

The Health Resources Center is located on the lower level of The Mall at Johnson City beside the Belk Women's store. The Annex is located at the back of The Mall between Belk Women's store and Belk Home Store. Enter directly from parking lot #17 at the green awning. The Kingsport Health Resources Center is located in the Kingsport Town Center Mall on the second level outside of JC Penny.